

Fresh Fruit and Vegetable Program

PRODUCE NEWSLETTER



DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

Food & Nutrition Services

Radish

Radishes are good for you because: they are a good source of Vitamin C, Potassium and Calcium to help you have a well balanced diet!

Farm to School ~

Radishes are available all year round, but are at season's peak during spring and late fall, since they are a cool season crop preferring cold temperatures that are lower than 68 degrees. If the soil is too warm, it can affect the flavor of the radish making it very bitter.

Selection and Storage ~

Look for Radishes with smooth skin free of big cracks. Avoid Radishes that are soft, spongy and with brown spots. Store Radishes for up to one week in the refrigerator.

Origin ~ Where did it come from?

Radishes were originally believed to be native to South East Asia, with farming starting around 2700 BC, which is even before the pyramids were built.

Fun Facts



Radishes come in all different colors, including white, pink, red, purple, yellow and green.

Radishes are a root vegetable, meaning that we actually eat the part of the plant that grows in the ground and we cannot see.



Word Search

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GREEN
RADISH
SOIL

PINK
RED
VEGETABLE

PURPLE
ROOT
WHITE



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RADISH COLORING



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